Thanks for reading

I’M HUNGRY

You’re alone on a good hill

You’re safe

You must feel safe to love

You love everything

For fun
You look up into the sky

It’s true.

Your’e feeling really good,
like anything is possible.

Maybe everything good will
happen?

It’s good to think such things

To believe such things

To help such things happen

If it did, you wouldn’t destroy it

Why would you?

You would honor it

You would love it

You know the power of love

You know that the power of love is very large

You know that others believe this

You know that it might be the only thing everyone believes in

Maybe even more than the idea of life it self

You want to do good things

You never know what is going to happen

You stop looking at the sky
You stand and look forward

You’re hungry

You turn around

And there in the distance is a restaurant

What does that mean?

It’s probably a good restaurant

And probably has good people in it

The right thing to do is go to the restaurant

You are at the front door of the restaurant

Things will be different when you’re in the restaurant

Different rules, different values

But you will be you

You will always be you

But there is a good chance no one in the restaurant will know you

You will have to tell them you’re you

By just being alive

By loving everything

Before opening the door you say in a whisper looking forward,

“Anything is possible”

Is that true?

In your mind most things can be done

The choices with your body are different

You go into the restaurant.

Standing in the front door you say loudly

“Well this makes a lot of sense. You guys are eating food!”

You say while spreading out your arms and spreading your legs

So you end in a star position

“Yes.” A lot of them say

“This is a good place,” a person says far away in the restaurant

Others just stare at you

Some don’t do anything

“You guys are living your life lives”

“This is true.” Someone says

“That’s good.”

They are just living their own lives

A person says,
“We are glad you are here.”

There is a woman at the front door

she greets you with a smile

the woman says
“Welcome, to this restaurant.”

She is being nice

This woman is good

You say,
“This is a really good restaurant.”

“You are right about that and I bet you’re a good person.”

“I am.” You say immediately

Then you wait a little bit
You don’t know exactly what you are going to say,
And why?
And how?

but this is life and it’s you’re living it

you have the right to say

what you feel or think you feel

“I bet you are a good person too.”

You’re worried that this was wrong

You also don’t know what they are going to say

You’re not them

You’re not in their body
But you’re happy to hear them say

“I am a good person,” They say with joy

Have you made a lifelong friend?

Will they hold you when you die?

Will you have children?

You sit down at the counter
You’re hungry- this is a good place for that.

Everybody in the restaurant seems good.

There is a guy cooking the food.

He looks like a hard worker

He’s telling jokes to people.

Lots of people are laughing near him

All the cooks are having a good time. That’s good.

You can’t hear the jokes

But you do wish you could.

The cook is good and funny.

You give him a thumbs up. He gives one right back.

You whisper under your breath

“This place is cool.”

You sit down in your chair
and who’s right there?

The woman who greeted you,
the person at the entrance
of the restaurant!

They are waiting on you

“Let me guess coffee?”

You laugh a great big laugh.
There is a great feeling in
your body.

Maybe even the beginning
of a great dream

The person pours the coffee
and you’re just smiling.

You ask them

“Is this how the world
changes?"

They look at you for a long
time

They don’t say anything

“There is something really
special about you.”
You say to the women

“This is really intense,” she
says

What can one believe?

Can a person believe everything?

Or can they believe thought by thought and not believe in any of it

Therefore, believing in everything?

“Well lets have fun then, I’m going to close my eyes and then when I feel like it’s right I’m going to open them.”

You close your eyes for about seven seconds then suddenly open them

The woman laughs

The woman holds your hand

“What you did was fun”

“It’s important to have fun”

“I agree.”

“We must trust each other.”
“We must respect each other”

The cook comes up to
“I’m going on a break and you seem cool, want to join me?”

“No. I don’t want to leave, what is happening with this person is special.”

“That’s a beautiful thing to say, thank you.” The woman says

The cook tells a really funny joke summing up the situation

The woman whispers to you while laughing

“This guy is cool.”

“Please, sir come with me, I just want to talk to you for a moment,” the cook says

“Ok, I will go,” you look at the woman.

“I’m going to stay here and think about all the things that we said.”

“Ok”

You leave and go on the break with the cook.

You’re in the back of the restaurant now, there is all kind of stuff back there

Someone wrote “hell” on a wall there are lots of cigarette butts out there

“I was lying in there, what I’m going to tell you isn’t cool, I’m actually dying,” the cook says quickly turning to face you

“That’s not good, you are a good person.”

“Yeah, I have felt some emotions since I found out.”

Some time goes by and you and the cook don’t talk

But feel a lot of things

“Well, I got to go back in and cook food for people to eat.”

“I hope I see you before you die.”

“Yes, that would be cool.”

You go back to the woman you were sitting next to

“What did you two talk about?”
“He’s dying.”
“It was beautiful that he told you.”

“I agree, we have a bond now.”

You know that when people commit to something without fear

They have already accomplished what they have tried to do

You grab the hand of the woman sitting next to you and look her in the eye

“Isn’t this world crazy?” You say it in a way that is incredibly beautiful and intense

You stand up in the restaurant

“I have an announcement to make, can I have your attention?”

“Of course, that is a good person,” someone says

“I’m trying my best,” you say

“Is that the announcement?” Another person says
“No, the announcement is that, someone is dying in this restaurant.”

You hear a bunch of people whispering

“That is so sad.” Or “This is intense.”

There is a pause

Everybody is quiet because everyone wants to know who’s dying

“The person who is dying, is that person, the cook.”

You point to them
There are gasps

“That person is good,” a lot of people say

The cook raises his head and nods in agreement

You can tell he feels so proud to be recognized

There is applause from people

And people keep saying

“You’re a good person.”

And stuff like that in
different ways
The cook comes out
And says a speech that is
beautiful and funny

Everyone is feeling so much.

You go up to and embrace
the cook

There is some much emotion
and feeling around death

But at that moment you feel like everyone in that restaurant

Everyone who has chosen to not be born nor die

As collectively gathered, what they know and properly honored this thing called death

They all love everything

The cook says

“Thank you.”

In a beautiful stoic way that only the cook could do

This is good

You go back to find to your table

And you can’t help but laugh
The woman is gone

And she wrote something that explains everything in the world

Someone asks the cook,

“What are you going to do now?”

The cook picks up the piece of paper the woman wrote on and crumbles it up

What is happening?

Does the cook know that there is a phone number on the paper?
As a joke and to prove that he’s serious about working

The cook throws the paper into the fire

Which is a hard thing to do but it happened

When something happens it happens

The cook says,

“What else keep working.”

That is an honorable thing to say

You think that you might explain to everyone

What just happened, but you don’t

But the experience is in you

You will use it in your life that for sure

You have no choice but to

And what’s next in your life?

Eating some really good food

You’re done eating the food

But you can’t help say
something intense

“I will always be hungry.”

You leave the restaurant

Because you want to and
you have to

ROCKING ROLL IS ROCKING ROLL

You’re going to a crazy cool rock n’ roll concert tonight

This is good

Anything could happen
You’re going to have fun

But the spirit of music is more than fun

It is so many things

Music is connected to a spirit
That is unknown

That spirit is connected to all the energy

It’s an energy you must set free
Tonight

You turn to the person nearest to you on the bus

“I really love music so much.”

“I can feel that you do,” they say.

That’s what’s so important to you, to let others know

That the spirit is always with us

You clench your fist and teeth
it feels like you get a little bit smaller

Your body is getting closer to you

You hold your body like this flexing

As long as you can

Knowing when you release you will be stronger

“You’re a strong person,” the person next to you says.

“The rock n’ roll show could get really crazy tonight. Are you going?”

“No, I can’t. I have to get off this bus now. I will never see you again.”

“You never know, I’m learning everyday”

“You’re right, you’re a special person,” the person says while leaving the bus

They announce to everyone in the bus

“That person is a special person.”

Everyone looks at you on the bus

There is a pause

“I’m doing all that I can,” you say to everyone

Music and art are good places to explore who you are

But it is important to be safe

But safety is not the spirit of rock n’ roll music

You exhale
And breath again

When does the show start
and end?

“I want to rock tonight,”

You say to everyone in the
bus

They shake their heads in
honor

You get off the bus
The bus driver says with a
smile

“Let me guess you’re going
to the rock show tonight?”

You both laugh

It’s really obvious because you have that vibe tonight

“Yes I am.”

“It’s really obvious because you have that vibe tonight,”

“I’m doing what I can.”

“You’re going to have fun.”

You just go for it

“Come with me?”

“I would love to but I can’t. I have to work tonight.”

This hurts you

You feel a lot

How could you not?

You take a step closer to them and look them in the eye

“I will honor the spirit of the show, the spirit will enter me. Then through my being and the life I live, you will feel that spirit in some way, just as I feel your spirit now”

The person closed their eyes and whispers

“Thank you.”

The person opens their eyes and says

The bus driver cannot go to the show

They have responsibilities

You have gotten to the arena before anyone

You’re outside the arena looking at the guards

“You guys ready for a good safe show tonight or what?”

You yell over the fence to the guards with glee

They are probably good people and have had wild times

“Heck yeah, tonight is going to be cool,” they yell back

“Good, don’t let me get too crazy.” You say with hope

You look at them for a bit

Will it get too crazy?

One security guard walks, to the fence and says,

“It’s our job to do that, we are guards, but you must follow the rules,”

“We will see about that,” you say

“I have seen a lot in my days and I don’t want you to get hurt, Ok? Will you be safe?”

“I will try my best,”

“I’m being very serious, I cannot protect you against everything”

“I do not need your help,” you say.

“We all need help.”

“I respect you, you are a guard, you’re protecting us,

but protecting us from what?”

“From pain.”

“Let me grow let me change, let me be free, we are both people.”

“Of course, that comes with safety.”

“I want to be safe, but I also want to be me.”

You both stand there

Everyone has the same hopes in life

“Remember it is the people that you are protecting, and you are one of them.”

The guard smiles

“Have fun my friend.”

You turn your head away from the guard at the exact same time

You walk away from the guard with a smile

Who knows what is going to happen?
No one.

You whisper

“Could it get too crazy?”

You smile

You spin around when you say this looking at the clouds

All the clouds are being appropriate

Time to go for it

You’re In the parking lot

People know their dreams and then they live them

You let out a “Whoooo!” and “Yes!”

People around you look at you’re like your very alive

“Let’s have some fun?” You yell

“We want to do that,” they yell back

Their eyes widen, it’s a moment where everyone is believing in something good

“That’s why we are here, to have fun!” Someone yells

You keep yelling into the air

It a supportive yell
That is saying,

“Can you believe it? Here we are!”

You keep yelling
People start yelling too

Everyone is creating something

The energy outside the stadium is electrifying

People are yelling exciting stuff in the air

Like “whooo” and “yes”

You yell into the air

“Do not be scared tonight. I… repeat… do… not… be… scared!”

Every muscle and vein in your face is doing everything it can, it must, to communicate this

There is a round of applause from people

A wise old person looks directly at you and says it with great passion

“We support you.”

This person might as well be your father or something in your mind

You hold his shoulders and look at him and say,

“What needs to be pushed, what needs to be honored? It’s hard to know?”

“We will follow you, cross over the boundaries if you feel like it is the right thing to do, we have been all waiting even if we don’t know it,” the old person say’s

“I will use my courage, look for me in the crowd, I really think it could get crazy tonight.”

“Don’t be afraid of what you possess,”

The old person says, embracing you.

You keel over by the beauty and immensity of that statement

You almost cry

But quickly gather that energy and yell into the sky,

“Let’s do what we must do tonight!"

You look at everyone and yourself

you’re all at the gates of the arena

and you have all made the choice to walk through them

The mind
body

The lines to get in are really long
That’s not good
Waiting for what?

The arena is like anything, a holder of space

But where does the show begin and end?

And who are the stars
tonight?

You are getting frustrated by
waiting

Each person here has their
love story

Each person here is living
what they believe life is

Why is there even a stage?

You need to keep the energy
up at all costs

“Lets go!”

You yell to no one
And everyone

You keep yelling
Because it is what you
believe you must do

There is truth

A person turns around
and says

“You’re cool”

There is a giant good feeling
in your heart

Does everyone here love
you?

“The doors are opening!”

Someone yells over and over again

The doors open
the arena is open

Everyone has the right to enter it

The old person yells from the crowd

Like a commandment

Like they know
Pointing at you, they proclaim

“Let this person in first, they have a lot of wisdom and courage.”

“That person is good, let them in.”

Someone from the ocean of people yells

“That person has been acting really cool,”

It’s happening
You are honored

and you will honor it

You look at them and pretend to tip your cowboy hat

Then turn your head quickly and look at the arena

People cheer
You stand at the threshold of the arena

“We are all going to go into the arena, be who you are, it is enough. Now let’s have fun!”

There is a large cheer from the crowd

You smile
And turn to enter

You see the security guard
You look at them

They give you a concerned face

Will this person kill you tonight?

Their face is telling you that choices have to be made

You give them a thumbs up and enter the arena

The band is not ready
In the arena

there are people talking

there is silence

When does the show start when does it end?

People stand around other people
They are all at the same place

You want to remind people that you a rock n’ roll show

You want to remind people that we all must honor that

You yell

“Whooooo!”

Someone walks by you

“Tonight is going to be special,” they say to you

It’s almost too beautiful
You almost want to leave
the arena

To resolve the whole thing

How does one become what
they need?

Tonight, is about creation
About change

You start clapping and
yelling
People look at you

You are asking for
everything

You walk around to different people and continue to clap

“Are you ready!” You say to people
Over and over again
You yell into the air

People laugh

People stare

You are entering new places in their minds

hopefully within time their hearts

You’re at a very important rock show

Sometimes you have to understand where you are and act accordingly

Everyone knows what is considered normal

Everybody knows to not die

Everybody knows to eat food

But you still must make your own choices at all times

You’re at a rock show
And you want there to be energy
You want people to be free

So, you don’t stop

You continue to yell into the air

“Are you ready!”

People look like you’re a good person
They understand you
Other people look at you as if you’re bad

But you are doing what you believe is right

If you say this is happening

People will not believe it

Because it’s different than what is happening

And people are trying to figure out what is happening

But if you continue to say

“This is happening.”

People will think
“Well I guess this is happening.”

People don’t know what’s happening

So, It’s usually the people that say

“This is happening,” the most

That create what is happening

“Are you ready!” You yell again

You keep yelling it and walking around the arena

You whisper it into people’s ears
You look people right in the eye and say it

People are confused and smile

They honor that you are doing something that is hard

You must try

They are scared at first
People look at you

Thinking “What is that
person doing?”

But then they see your
intent
they see your heart

They smile

What voice does a person
listen to when they change?

You keep dancing and
saying
“Are you ready!”

Then someone yells
“That person is being good!”

People cheer

You feel the energy run over
and through your body

You feel alive

You close your eyes and
open them

you see the guard

They are looking at you
They seemed concerned

You are looking at them

Each person plays a role in life

Each person is in a different place in their lives

Each person is different

You yell toward guard

“Who do you serve?”

The guard goes to yell something to you

But just as he opens his mouth

The lights go out in the arena

It is a signal
Things are changing

The energy in the building changes

You can feel it in your body and mind

People want something to happen

Maybe everything?

Are you safe?

Everybody yells
Everyone knows they have entered a sacred space

Everyone is at a rock n’ roll show

The lights turn back on
and the guard is not there anymore

The guard is in a position of authority

They have power that people do not have here

People want to be safe

Our world fears what it does not know what it can’t control

That person might be you tonight

You know that

But the spirit is going to do what is must do

A loud guitar that sounds like a crazy monster is played

And people yell again

This is a different yell

The energy is different in the arena

The ritual is beginning

This yell is not of celebration, but a yell supporting the spirit

Saying, “Do not be scared we are with you!”

A cool guy comes on stage dressed like a wolf

“Thank you.” You whisper

“Hello Cincinnati!” They yell

They know where they are

There is a big roar from the crowd

Everyone knows where they are

There are only five humans on stage
And thousands before them

Why do we worship
Why do we project
What is lost?

The people, the forgotten ones, projecting their humanity into the ether

The wolf man starts to play the guitar

Every choice from everything is part of the conversation

All narratives are one
fragmenting into light and
belief

You raise your arms up to
the sky
You’re really going to go for
it tonight
You’re in a sacred place, you
must gather the knowledge
in this sacred place

to bring back to your life
mind
The people…the music…

You yell out a primal yell

You feel your voice

You start walking towards
the wolf man
It feels right

You yell sounds that are
alive
But not human

People make way for you
They know

People start clapping

You begin to recognize what
is happening
You are in your life and mind

You feel the urge to stop

To have this be the end

There will be no conflict this way

You will understand what happened in the future

You have been given things and you asked for nothing

Not tonight
You will ask for a lot
You continue to walk forward

You are in front of the stage

People are looking at you

“That guy is good!”
Someone yells

The old man is there, and he gives you a wink

The energy in the arena is changing
the meaning is changing

Sometimes there is an immense amount of stuff

But the same choice of yes or no needs to be made

The person playing the guitar dressed up as a wolf

Looks at you
they look confused
they don’t know you

You look them in the eye
and speak
“I want to rock.”

But of course, who do you
see in the corner of your
eye?

The guard

We all have been taught by
this planet

You laugh

Everyone understands the
idea of life

But we have to live in it

“What’s up?”

You say to the security guard

“You need to back away”

They are indirectly putting his hand across your heart

“Your hand is on my heart.”

“It’s beating fast.”

“I’m in the right place, finally”

“You only think that.”

The wolf person on stage is still looking at you

They are thinking of what needs to be done

Who controls what?

There is a silence in the crowd

“Is this ok?” The security guard ask the person on the stage

The person on stage closes their eyes

All of the universe
Rushes through them

The person on stage has a big smile, they has finally meet meaning

“Yes…it…is.”

You turn to the security guard

“It will take a great deal of courage to accept that your role is done. You are now here with me.”

They embrace you

“I have always been me.”

You can feel the weight leave the guard
Their job is done

“Let me play the guitar?”
You say to the wolf person

You hold the guard’s hand and give it a squeeze

You take a step up to the stage and see the people

The person on stage holds the guitar upright as if passing you a new form of skin, they are showing it to you and the crowd

The crowd goes wild,

everyone knows what you have done tonight and what needs to be done

You look the wolf person in the eye

They are telling you

“It’s your journey”

You hold the guitar in your hands

And you feel like there is a light that is coming down from the sky on your body

You can feel the heat from the sun, the energy

You lift off the ground into the sky and look down at the crowd

There is a feeling of home

The wolf person whisper’s to you

“Free us.”

You raise the guitar in the air

Everybody is yelling

The wolf person says

“Do what you must. I love you.”

You know you only live once

As you start to swing the guitar
towards the ground

You see the faces of the crowd change between

execution and birth

The guard grabs you, as you fall to the ground

The guard holds you

You can feel their heart beat

You whisper,

“Rockin n’ roll is rockin n’ roll.”